

1Turkey Tetrazzine40

Number of Servings: 40 (198.22 g per serving)

Amount	Measure	Ingredient
5.00	lb	Turkey, fryer/roaster, whole, w/skin, rstd
2 1/2	lb	Pasta, spaghetti noodles, whole wheat, dry
3/4	cup	Pimentos, cnd
6.00	Tbs	Parsley, dried
2 1/2	cup	Onion, white, fresh, chpd
9 1/2	Tbs	Peppers, bell, green, sweet, fresh, chpd
2 1/2	cup	Mushrooms, cnd, drained, pcs/slices
1 3/4	cup	Flour, all purpose, white, bleached, enrich
1.00	tsp	Spice, pepper, black
2 1/2	oz	Base, chicken, low sod, 0144, FS
3.00	qt	Water, municipal
13.00	oz	Cheese, cheddar, low fat, shredded

Nutrients per serving

Nutrition Facts	
Serving Size (198g)	
Servings Per Container	
Amount Per Serving	
Calories 250	Calories from Fat 40
	% Daily Value*
Total Fat 4.5g	7%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 190mg	8%
Total Carbohydrate 28g	9%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 24g	
Vitamin A 2%	Vitamin C 10%
Calcium 8%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

Buy diced, unsalted turkey 2 oz/serving (1# = 16 oz) OR
Raw turkey, As Purchased, 14# will yield approximately 12 cups (4#) diced meat
Roast fresh turkey and dice to equal correct # of pounds. 1# diced meat = ~ 3 cups

Dice turkey. Add drained and measured pimento and mushrooms, parsley, chopped onion and green peppers.
Blend flour, low sodium chicken base and pepper and add to meat/vegetable mixture. Cook 5 minutes to heat mixture and brown, stirring constantly. Add water, stirring constantly, cook until thickened.

Cook whole wheat spaghetti according to directions. Drain. Combine cooked whole wheat spaghetti with turkey and sauce. Scale into non stick spray sprayed 12X20" baking pans (2/100 servings, use smaller pans for smaller yields). Sprinkle with shredded low fat cheese. Bake at 350 degrees for 40 minutes or until heated through and bubbly.

1 serving = 1 cup

1 serving = protein + 1 whole grain serving

1 serving = 27-4 grams carbohydrate = 1 1/2 carb serv